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HERE'S a chance to grab the world's hottest new gaming system. We've been lucky enough – with help from Dixons - to get our hands on 10 XBOX 360s to give away this week. And they aren't even officially launched until December 2!

The XBOX 360 is at the top of most people's Christmas list this year. And we have 10 XBOX 360 Core Systems to give away in time for Christmas!

Dixons is the place for latest of the control of the

entertainment experience that revolves around you.

It is a powerful system that brings the next generation of XBOX live.

The XBOX 360 Core System delivers the same powerful gaming system as XBOX 360, but lets you expand at your own pace. The next generation of gaming and entertainment starts here.

For your chance to be one of our 10 lucky winners this week, simply call the

TERMS AND CONDITIONS: No cash alternative. The Editor's decision is final. Winners will receive their prize by Christmas. No purchase necessary. Employees of Express Newspapers pic, its agents, wholesalers and retailers and/or their relations may not participate. Normal Daily Star terms and conditions apply.





Daily Star hotline on 0905 072 3397 or text STARXBOX to 88833 and leave your name, address and daytime phone number. Calls are charged at 75p a minute from a BT landline and the average call length is 90 seconds.

Texts will cost £1.50 per message received, plus your usual tariff.

Alternatively, you can e-mail your details to competitions@daily star.co.uk typing "XBOX" in the subject heading.

Only one e-mail entry per person.

Only one e-mail entry per person.
Winners will be the first 10 selected at random from all eligible entries received by midnight on Sunday, November 20.

Simply call 0905 072 3397 or you can text STARXBOX to 88833

STAR POP

PHARRELL Williams enjoys waving flags with en Stefani, 35.

Gwen Stefani, 35.
The Can I Have It Like That The Can I Have it Like That Collaborators are one and the same, according to crazy 32-year-old Pharrell. He said: "We're people cut from their own cloth. Not a different coth, their own cloth. We wave that flag together."

MADONNA is racing to the top of the album charts, unsurprisingly, with Confessions On A Dancefloor, according to midweek figures. It's looking like she'll do a double and stay at the singles peak with Hung Up, shattering 26-year-old Will Young's hopes of a No.1 comeback. Switch It On is currently at three, with the Black Eyed Peas, Girls Aloud and The Darkness also set for the Top 10.

Edited by KIM DAWSON



FRANZ Ferdinand don't rest on their laurels. A year after wrapping up their last world tour they're back on the road for another. Drilled by a string of American dates, this Franz, playing the first date of their British tour, is a lean, mean, fightling machine. Do You Want To sets their stall out early, a pulverising

To sets their stall out early, a position palong.

New track Auf Achse follows swiftly, all techtonic metal riffing and retina-melting strobes. Drummer Paul is in exuberant form. It's not merely an evening to reveal Franz's hidden heavy tendencies though, Eleanor Put Your Boots On finds Alex delicately strumming away. It is, though, utterly Frantastic.

CARL STROUD

BACK TOGETHER: Jason, Mark, Gary and Howard pal up again. Inset, Mark and Gaz with our Kim Dawson

Nizlopi at The Bedford, London

AFTER capturing our hearts with JCB Song, balladeers Luke Concannon and John Parker got back to what they do best – charming the cockles off a room full of punters. And the 100-or-so fans packed into this little boozer were in for a treat as the lads rattled off debut album Half These Songs Are About You. Proceedings started calmly with Freedom before some extraordinary beat-boxing from bassist John ramped it up until the inevitable finale of JCB Song. Delightful! JOHN CHURCH

Hard-Fi had the time of their lives filming the world's first video music sequel at a strip club in Soho. The Staines rockers filmed the dult promo to Cash Machine for mobile phone network 3. It follows the life of a £10 note on an average night out in London.

.

Have a back Robbie!

STAR NEEDS A CHIL

ROBBIE Williams needs to become a father to find some perspective in his life.

The declaration was made by ex-lake That bandmate Howard Take **Donald** as the group reformed – minus Rob, 31 – to celebrate a TV show looking back at their pop career. In the documentary, Take That... For The Record, on ITV1 tonight, Howard, 37, tells how his life now centres on his two daughters and DJ career.

Idols

He said: "What I think Robbie needs He said: "What I think koodle needs now is to have a child. It really changes you and it would be good for him. "I don't know what it is he wants from life and I don't think he does either. If he has a child, then he'll know."

The band, whose hits included Back

EXCLUSIVE

For Good, split 10 years ago. Gary Barlow, 34, said: "We'd never asked Robbie to do anything before this documentary, but the time felt right now. "As for playing live together again, who knows? It's certainly an idea."

Take That hysteria was as strong as ever with fans blocking the street for a peek at their idols at a screening of the show.

Jason Orange, 35, said: "Still having support is amazing. The Daily Star was the first to write about us and we've never forgotten that, so thanks."

never forgotten that, so thanks." There is talk of Relight My Fire being

re-released as a single in the new year.

Mark Owen, 33, added: "It'd be brilliant to get Madonna to do Lulu's part."

Indeed it would mate...



DADDY COOL: Robbie in the documentary

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skyone.co.uk

LE

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A DNA virus threatens us all. Only she can stop it.

THRESHOLD

NEW DRAMA • STARTS TONIGHT 9PM

SKYOOC



SHOCK: Patsy as Sadie

Dales' King of 'tarts'

■ by LAURA NEIL
A LOVE tangle is set to engulf Emmerdale's wealthy King family.
It is sparked by millionaire Tom King declaring his love for sexy daughterin-law Sadie.

in low for sadie.

The tycoon, played by Ken Farrington, 69, tells the blue-eyed babe (Patsy Kensit, 37) he has secretly lusted after her for years. He then makes a pass at the beauty, attempting to snog her in the hallway of Home Farm – much to Sadie's shock and disgust.

Trouble

They're spotted by Sadie's estranged husband Jimmy (Nick Miles, 38), who shouts that she's a "gold-digging whore".
But unknown to the rest of the family Sadie is in love with Jimmy's brother Matthew (Matt Healy, 35), who shares her feelings. A series insider said: "This forbidden love story-line is set to rip the Kings apart. There's massive trouble ahead."
It also pawes the way for

trouble ahead."
It also paves the way for the temporary exit of Patsy, who will leave the Dales to take up panto work in London.

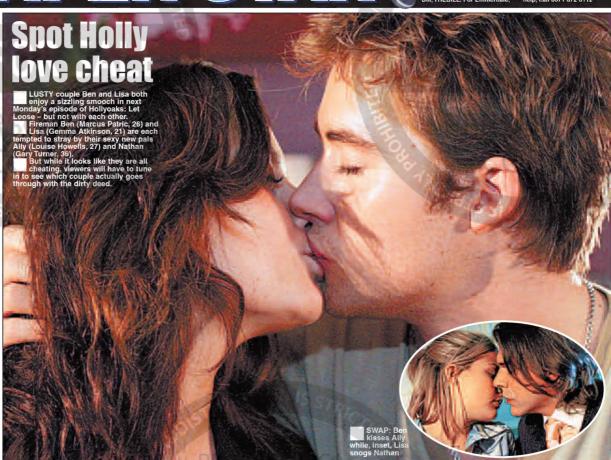
SOAP stalwart Jarvis Skelton is on his way out of Emmerdale. The ex-Emmerdale. The ex-binnam – played by Richard Moore,71 – will say his final goodbyes next month after he re-ignites a romance with Freda, a former dance partner.

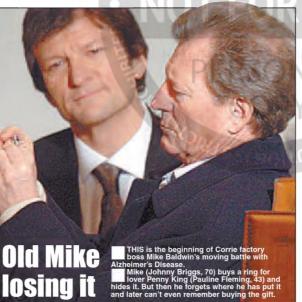
Tonic for Square

ALBERT Square is getting a hunky new doctor.
Handsome Tom Ellis, 27, who's just been seen in the BBC's modern retelling of Shakespeare's Much Ado About Nothing, will play Dr Oliver Cousins.
He's the fifth EastEnders medic since the show

He's the fifth EastEnders medic since the show began, and is set for an initial five-month stint. Tom, who will be seen on screen for the first time in the New Year, said: "I'm very much looking for-ward to joining EastEnders. "It's such an exciting

"It's such an exciting time to be involved in the show."





Gay Sean beds Violet so he can be a father

GAY Sean Tully will shock Corrie fans by turning straight so he can father a baby.

And the camp barman wants Rovers barmaid Violet Wilson to be

Rovers barmaid Violet Wilson to be the mum.

Sean (Antony Cotton, 30) starts to feel broody and realises he wants children before he gets too old.

So he turns to best mate Violet (Jenny Platt, 25) who agrees to have his baby.

The pair, pictured right, even raise a toast to their future between-the-sheets action.

Sean declares: "If it's a boy we'll call it Hamish Algernon – and if it's a girl it has to be called Lucretia Lily."

Violet is up for the baby deal after splitting with two-timing boyfriend Jason Grimshaw, played by Ryan Thomas, 21.

She kicks him into touch after rumbling his secret fing with single mum Sarah Platt (Tina O'Brien, 22).

A Corrie insider said: "No doubt some

EXCLUSIVE

viewers will be shocked that Sean and Violet agree to have sex just so they can have a baby.

"But there is nothing sinister to it, and no money will change hands.
"The couple are both good friends and fancy the idea of bringing up a child together.

Macho

"Antony has admitted he's really pleased with the storyline because it's unusual and has the potential for comedy."

because it's unusual and has the potential for comedy."

Corrie fans following the January plot could see Sean struggle in his mission, realising it's not as easy as he thought to suddenly switch to being a red-blooded fella.

The insider added: "He will try to be all tough and macho to make the plan work – and it turns into a right old farce."

iohn mahonev@dailvstar.co.uk



harder to find love®

SEXY Natalie Oxley, 19, always dreamed of being a Page 3 girl. So when the Dorset lass came second in FHM's High Street lass came second in FHM's High Street Honeys competition, she signed up with International Model Management and decided to follow her dream. "It was hard at first, because you don't have any money," she says. "I was still living at home and travelling three hours to a photoshoot.

IlVing at none and the control of the first three months, because it takes a while for the money to come through to the agency. So I worked at Tesco part-time.

"I was so scared during my first few shoots, but you get used to it. It takes while to get used to posing—you have to remember to stick your bum out!

Jealous

"I do sometimes feel self-conscious about my figure. No one tells me I need to be thinner, but when you're around girls who are smaller than you all the time it's bound to make you worry.

"I haven't had a boyfriend for about four months. It's harder to meet blokes when you do Page 3 – you never know if they just want a trophy girlfriend on their arm. And they can be really proud of your modelling one minute, then turn on you and get really jealous.

"If I get chatting to a bloke, I'll always lie about what I do for a living. Once I told someone I worked in a supermarket and he said, "You're not that Page 3 girl who works at Tesco, are you?" I had to come clean!"

w) wanadoo

three of our favourite girls tell the Daily Star's KATE JACKSON about what it's really like to be a glamour model.

They reveal all about highs, the lows, the money, and – of course – the men. Newcomer

Natalie Oxley d the hard slog of get established glamour girl, wi Higham chats a experiences du seven years in

And superb Michelle Ma gives an insight her amazing pa fame and fortur So read on to f what a model's really like away the cameras...

I never wanted sleep with celebs

GORGEOUS Ruth Higham, 25, never intended doing Page 3. In fact she had never heard of it!

intended doing Page 3. In fact she had never heard of it!

But when the Bolton babe turned up at a modelling agency and was asked if she would go topless, she thought it would be a good way to kick-start her career. Seven years on, she's a famous face - and body-and has an army of fans.

"I didn't tell my parents what I was doing," admits Ruth. "They were quite strict Christians. Then a cousin of mine told them and a family meeting was called! My parents agreed that I could do topless, but nothing more.

"Now all their friends take pictures of me to church to show them!

"The great thing is the fan mail. It's a bit strange af first, but it's nice that people recognise us and will come up and chat when we're out.

"Some people look up to us, although I don't know why. Some of the fan mail can

be quite freaky. You get) oners who tell you we ca together when they get ou 'Another good perk is th idays. We often get to go a to do Page 3 shoots on a b looks easy, but sometime mean working 16-ho because they want to get a tures out of you as possib

Partie

"I love working for tl Jeany Savage, though. S time off for sunbathing a "I wouldn't want to be famous. I'm not intereste the parties or sleeping people.
"I'll probably only do Pa year. I've been doing sor cials and some acting, so able to do more of that."

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SAM PARKE **Edited** by





SWORD HERO: A nervous Matthew Ray above, does personal trainer Alistai Mariotti at the last remaining chool in Rome

PICTURES



SWORDS and sandals epic Rome is proving to be a blood-curdling smash with telly viewers. The no-holds-barred series

is bringing to life just how robust life was in ancient Rome and there's one thing

Rome and there's one thing for sure - it was definitely a survival of the fittest!

So how does modern man measure up when it comes to getting in the Roman arena? We packed MATTHEW RAY off to the Gladiator School to find out.

GRIT from the arena floor mingles with my sweat and the hot, humid Roman air.

I can make out the top half of my opponent across the circular space, his sword pointing at my neck.

He charges across the floor and

He charges across the floor and I brace my sword arm to deflect the blow – but it never comes. Instead, there's a huge impact on the bottom of my oversized shield, which crashes into my legs, knocking me backwards. I've come to Rome's last gladiator school to fight for our right to wear a toga and find the answer to a simple question.

answer to a simple question.
Actors Kevin McKidd, 32, and
Ray Stevenson, 41, trained in
authentic Roman sword-fight-

ing techniques to play legion-naires in the BBC drama Rome. But what we want to know is: how fit would you really have to be to duel with a heavily-armoured foe and split his head in half with a chunk of iron?

SCHOOL OF HARD KNOCKS

Alistair Mariotti, 27, gladiator and personal trainer at the Scuola Gladiatori Roma, hands me a "rudis", a wooden training sword, and shows me how to get

sword, and shows me how to get into the right position.

"We've seen many gladiator moves in Roman mosaics and sculptures," he says.

"That's where we've got the fighting technique from."

As I line up with my stronger arm holding the sword, I'm told that there are set strikes that can be built into a flowing com-

bination, designed to reduce your opponent into a pile of casserole steak. The first is an overarm smash

The first is an overarm smash into the enemy's head. Next is a swashbuckling strike that begins with the sword pointing at the ground then swinging around the body and tinto the neck. I'm only using a wooden sword and we haven't even got to shields and armour yet but I'm already wheezing around the arena, sweat spraying off my forehead with every strike.

FITNESS MAXIMUS

Now that I have a rudimentary fighting knowledge, it's time to test my fitness. Gladiators had to follow

harsh training regime to with-stand fighting in high summer wearing several kilos of metal.

When in ROME

learn to be a gladiator

The gladiator circuit would involve skipping, jumping a net and striking a stake in the ground with sword and shield. After five minutes of this, my legs are really sloshing around underneath me. "Fighting really builds up your arms and shoulders," says Mariotti. "Because you generate a lot of the force through your hips, you need strong legs." I'm keen to get back in the arena. I head into the armoury where I pick a short sword that

arena. I head into the armoury where I pick a short sword that weighs about 3kg, a helmet, breastplate and arm guard.
I also find a suitably huge shield. I waddle into the arena

with armour plates digging into various fleshy parts of my anatomy. Despite the heat, discomfort

and sweat stinging my eyes, the

adrenaline is kicking in and I'm ready for battle. Or so I think...

LET COMBAT COMMENCE

Mariotti waits for my attack.
Feeling that I might as well be armed with a slingshot, I charge, going for a low, stabbing blow to the gut.
He blocks with his shield and

hooks his sword behind my head. Mariotti bobs and weaves

nead. Mariotti boos and weaves low to the ground.

He moves forwards and to the right, jabbing with his shield. As I flail back, his sword crashes into mine, knocking it down. With a shock I realise I'm facing his back and momentum is swinging my sword around.

swinging my sword around.
But just as I start to grin with
bloodthirsty glee, Mariotti is bloodthirsty glee, Mariotti is gone, turning sideways and down to hammer his shoulder into my midriff. His foot hooks behind my front heel and we both smash into the ground, punching the air from my lungs. I see a sword point aimed

at my eye.

This would normally be the coup de grace. Fortunately, the giggling from my photographer tells me the crowd is not in a

murderous mood. I notice Mariotti is wrapping a

I notice Marlotti is wrapping a bandage around his left fist as a little claret dribbles down his arm. "Did I do that?" I ask. "No, I skinned my knuckle hitting you with my shield," comes the reply. Serves him right.

You too can fight in the sands of Rome after a weekend's training with Al Mariotti at the Scuola Gladiator! Roma. Call 0039 3383496942. Email almariotti@allasonline.net.

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CELEBRIT **Fergie**

SURGERY SPY Experts' verdict





They're n

IT CAN WEAKEN BONES

IT CAN WEAKEN
BONES

NOT eating a sufficient, nutritionally balanced diet means you are missing out on vitamins and essential minerals.

This can affect the way your blood vessels function and even the way your brain sends messages to the nervous system.

A lack of calcium – found in dairy products, spinach and almonds – can lead to osteoporosis.

This disorder causes bones to become fragile, resulting in shrinking, prolonged or permanent disability and even death.

IT MAKES YOU AGE PREMATURELY

THE hollow cheekbones and jutting jaw now sported by newly skeletal US teen queen Hilary Duff make her look at least a decade older than her 18 years.

It's a common complaint for those who are seriously underweight. Just check out Nicole Richie's old woman's face on a little boy's body in recent pics. She may be 24, but her face has none of the natural fullness you'd expect.

And that could present a serious problem in a few years. Dr Graeme

Tordorov, ar and anti-age
"Elasticity cl
"The face
weight loss a
easily, result
look which a

"As you lose and hollows looks more y

YOU'LL F

If your boolow, it will be vitamins it n levels up.
And Omega
oily fish such
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even believe



F YOU TRY TO COPY SKELETAL STARS



VANISHING ACTS: Many stars seem little more than walking skeletons, but they're still happy to flaunt their bones – as you can see from our line-up of (from left) Teri Hatcher, Sophie Anderton, Kate Lawler, Victoria









Nicole Richie at a



ot big and they're not clever

American cell biology ing specialist, explains hanges.

hanges.
cannot withstand the
md wrinkles much more
ing in a haggard, gaunt
dds on years.
weight, the skin loosens
out. Fuller skin always
outhful."

MORE OFTEN
dy's fat reserves fall too
unable to absorb all the
eeds to keep your energy

a-3 fatty acids – found in as salmon and sardines moods. Eating them is d to reduce mild depres-

And the problem looks to be getting worse. Kate Moss, 31, and Kate Lawler, 25, are among a growing army who flash their bones with pride.

sion. Miss out on them and you could be on a downer.

YOUR HAIR COULD FALL

THE likes of Nicole Kidman, 38, Victoria Beckham, 31 and Kate Beckinsale, 32, have all been snapped with what looked like thinning spots in recent months. While this could have a variety of causes, there's no denying the fact that all these ladies are on the slender side. All the hair salon visits in the world won't give you healthy glossy locks if the right amount of essential vitamins and minerals aren't being consumed.

Lack of nutrients, such as zinc and

sumed.

Lack of nutrients, such as zinc and iron, often result in hair thinning.

Once hair has fallen out it won't re-

ik. Here, SAM PARKER gives the lowdown on why you Ily can be TOO thin...

grow until the body is receiving a suitably balanced diet – and even then it will take time. Hair only grows at an average of 1cm a month.

YOU'LL GET SICK MORE

OFIEN
ESSENTIAL nutrients, such as Vitamin C, help to keep the body's tissues healthy and resistant to

tissues healthy and resistant to viruses.
So if you're not eating enough of these, you will be far more susceptible to a whole series of common illnesses, such as colds and flu. Ultra skinny people also find it harder to fight infections.

In severe cases, not eating properly can lead to major problems with the digestive system and the damage caused may be irreparable.

THE EXPERT'S SAY
DAILY STAR Deputy
Fashion Editor Clare Taylor
says: "With pencil skirts, jackets
tightly cinched with beits and
empire line dresses forming the
staple of many chic and sexy collections, fashion is finally ready to
dress real women.

"The season's biggest and best
trends are more than just sophisticated and feminine. They also inspire
confidence, whatever your size. So
who needs to be whippet-thin when
you can look and feel this good?"

you can look and feel this good?"

CLINICAL psychologist Ron
Bracey says: 'You can get a physical buzz out of starving yourself, as your body releases endorphins when it's short of food. For some, these strange highs can become addictive.

"It often affects people who can't control their lives, so they try to gain control of their bodies instead. But some are simply following the fashion herd, in which case it shows just how stupid they are."

• FOR help and advice, contact
The National Centre for Eating
Disorders (0845 838 2040 or www.
eatingdisorders.org.uk) or the Eating
Disorders Association (0870 770 3256).

NEWSPAPERDIRECT STRICTLY FO

EXERCISE IS SNEEZY WAY TO BE



IT seems mother was right after all. Wrap up warm and you'll fight off coughs and ezes quicker.

warm and you'll fight off coughs and sneezes quicker.

This week, researchers found that a drop in body temperature can kickstart viruses like the common cold. In fact, getting your feet wet can triple the risk of developing symptoms.

The study involved 90 volunteers sitting with their feet in bowls of iced water for 20 minutes. According to experts at the common cold centre at Cardiff University, 29% developed cold symptoms within five days, compared to 9% of a control group who dangled their feet in empty bowls.

But it's not just a matter of staying warm and cosy this winter – exercise also plays a major part in boosting your immune system.

And it's much easier, and more enjoyable, than you might think.

Just make a few simple adjustments to your lifestyle to see your health improve. Nicki Waterman, Beechams BFIT fitness guru, gives LINDA HARRISON her top 10 tips on how to ward off everything from the odd cough and sneeze to bronchitis and flu.



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fantastic home TV games system, which means enough variety to keep even the most demanding of gamers entertained for hours on end. The Games System comes with 2 Controllers, 1 Light gun, and the simple 'Plug and Play Console'. Once you take the Arcade Action out of the box, all you have to do is plug into the back of your TV and you are ready to start gaming!

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Have a winter workout:
EXERCISING outdoors cranks up your calorie burn by 12% – which is great news considering most women put on half a stone over winter. Just swap an aerobics session for 10 minutes power walking to keep those viruses at bay.
Exercising outside has been proven to blast

been proven to blast away low spirits more than anti-depressants.

Do the "100"

2 Do the exercise:

THIS exercise oxy-genates the blood and energises your whole immune system.

immune system.
Lie down, breathe in deeply. Then, as you breathe out, pull in your pelvic floor muscles and hollow your navel back in towards your

spine. Exhale and bring your knees up to your chest one at a time. Your arms should be by your side, palms down, wrists straight. Breathe in deeply for a count of five, then out for five. As you breathe

As you breathe in, pump your arms up and down and no more than six

more than six
inches off the floor, to a
count of five.
Breathe out and pump
to a count of five. Repeat
20 times. Keep shoulder
blades down into your
back and navel hollowed

back and navel hollowed into the spine.

3 Enjoy a night

out:
PARTYING the night away isn't as bad for you as you might think.
Researchers found a good night out was important for maintaining vitality a social

important for maintaining vitality — social butterflies have a 20% better defence against disease than those who stay at home. So get your dancing shoes on!

Spend some time in the great, windy outdoors:

ACCORDING to Nicki, there's nothing better for blowing away the

cobwebs than standing

cobwebs than standing outside on a windy day. She recommends standing still and, when you hear the wind blowing, move with it as if you were a tree.

5 Clench your MODERATE exercises, such as stomach crunching your sources.

es or clenching your cheeks, make positive changes occur in your immune system. Or take a brisk walk or

use the stairs instead of the lift.

the lift. Time for some Yoga: IF you're feeling a bit run down with a cold, your muscles are tightly

Tai Chi's a good option:
THE slow movements and deep breathing associated with Tai Chi are designed to help the coiled. Yoga releases this tenbody retain energy rather than expend it. With oxygen flowing through the body, your

sion while increasing your blood flow around the body.

stamina and immune system will hit a peak.

Try a spot of meditation:

meditation:
RESEARCHERS have
found meditation boosts
immunity — it also
increases activity in the
part of the brain that
controls pleasure.

Why not shop till
you drop:
YES, hitting the shops is
a fantastic workout for
your arms! Buy the
heaviest item first so
you have to carry it
round the shops all day.

round the shops all day.

Counting your steps:

IF you do nothing else, get a pedometer and aim to take 10,000 steps a day.

You'll see the weight fall

For more information, log onto www.beechams fightback.co.uk.



BBC One

BBC Two

6.00 Breakfast (T) 23115622 9.15 Uncharted Territory Properties in Morocco. (T) 7911993 10.00 Homes Under The Hammer Properties in London. (T) Followed by BBC News, (T) Weather 48806 11.00 Foreign Exchange New York. (T); Weather (T) 9859806 11.45 Bargain Hunt (R,T) 2883974 12.30 Cash in The Attic Two friends plan a trip to New York (R,T) 95177 1.00 BBC News, (T) Weather 39158 1.30 Local News, (T) Weather 41925210 1.40 Neighbours Sindi asks Stuart

Weather 41925210

1.40 Neighbours Sindi asks Stuart for an annulment. (T) 54005887

2.05 Doctors Greg helps a struggling father. Ben Jones stars. (T) 15138535

2.35 Diagnosis Murder Dr Sloan investigates a woman's death. Dick Van Dyke stars. (R,T) 5453061

3.20 BBC News, (T) Local News, Weather 1855210

3.25 CBBC: Lazy Town (R,T) 353581 3.50 Mona The Vampire (R,T) 9623500 4.15 Tracy Beaker

3533581 3.50 Mona The Vampire (R, T) 9623500 4.15 Tracy Beaker Parties With Pudsey (R, T) 9943055 4.30 Patrick's Planet (T) 806 5.00 Blue Peter (T) 7221516 5.25 Newsround (T) 7644413 5.35 Neighbours (R, T) 449581 6.00 BBC News (T) 871 6.30 Local News Programmes, (T) Weather 351

Tunes (R,T) 5192974 7.05 Jakers! The Adventures Of Piggley Winks (R,T) 4296910 7.30 Raven (R,T) 7378264 7.55 Newsround (T) 2629974 8.00 The Really Wild Show (R,T) 67806 8.30 CBeebies: CBeebies Birthdays 3047516 8.35 Lazy Town (T) 5587245 9.00 Pingu (R) 1102158 9.05 Cliffods Puppy Days (T) 3148603 9.25 Something Special (R,T) 9839304 9.40 Tweenies (R,T) 4813055 10.00 FILM: What A Whopper! 1961 (PG) Cornedy, starring Adam Faith. (T) Followed by The Witness (R) 83897

11.30 The Daily Politics Prime Minister's Questions. (f) 50559 1.00 Meet The Ancestors Looking at past civilisations. (R, T) 57500 1.30 Working Lunch (f) 85790 2.00 House Invaders (R, 1) 9448 2.30 Garden Invaders (T) 784 3.00 Castle in The Country Nicki Chamman ones fossil hunting (f) 5055

Chapman goes fossil hunting. (T) 5055
3.30 Thoroughly Modern Matron ed with

The ward is cleaned with old-fashioned materials. (1) 70055
4.30 Ready, Steady, Cook With record-breakers Tim Fitzhigham and Sean Seannon. (1) 1127784
5.15 Weakest Link (1) 9097719
6.00 Eggheads Quiz show, hosted by Dermot Murnaghan. (1) 413
630 Strictly Come Danning - 18

30 Strictly Come Dancing - It Takes Two Fanzine. (T) 993

ITV1

ITV News (T) 99177 GMTV (T) 8814662 5.30 6.00

6.00 GMTV (1) 8814662
9.25 The Jeremy Kyle Show Talk show in which Jeremy Kyle invites guests to air their differences in front of a studio audience, (1) 7682719
10.30 This Morning Fern Britton

continues her cycle ride along the Nile, Gino D'Acampo and Lesley Nile, Gino L'Acampo and Lesley
Waters take part in another cookery
marathon and Dr Chris Steele rounds
up the latest health stories. (1) 77448
2.30 ITV News (1) 38535
30 Today With Des And Mel

Chat show hosted by Des O'Connor and Melanie Sykes. (T) 39264
2.30 Our New Life In Everwood

2.30 Our New Life In Everwood Andy slides into depression as his wedding anniversary draws closer. Amy and Ephram share their first kiss. (T) 20784
3.29 Local Weather 1962177
3.30 CITV: Pocoyo (R,T) 9594852
3.40 SpongeBob SquarePants (R,T) 9687516 3.55 Potatoes And Dragons (R) T) 4994158 4.05 Art Attack (R.T) 4294158 4.05 Art Attack.

(H, I) 4294198 4.05 Art Attack. With Neil Buchann (T) 2736264 4.30 My Parents Are Aliens (T) 974 5.00 The Paul O'Grady Show Kim Woodburn and Aggie MacKenzie, stars of Channel 4's How Clean Is Your Laure? Jone In the size of the consection. House? pop in to give the comedian

some hygiene hints. (T) 9061 6.00 Local News, (T) Weather 239 6.30 ITV News, (T) Weather 719

Channel 4

Cubeez (R,T) 5877210
The Hoobs (R,T) 2936351
The Hoobs (R,T) 3682993
B4 50697
Friends (R,T) 35332
Just Shoot Me (T) 2631719
Will & Grace (R,T) 3054429
Frasier (R,T) 7350142
The Great Pretenders Series short films (R,T) 1029149

of short films. (R,T) 1028142
9.30 The Deadly Knowledge
Show (T) 8405177

Show (T) 8405177 9.55 Guns Are Cool (T) 6074806 10.45 Don't Make Me Angry A look at the problems caused by teenage anger. (T) 1413719 11.10 The Unteachables The

11.10 Ine Unteachables Tine students read Shakespeare to a herd of cows. (R,T) 9859852 12.00 News At Noon (T) 55061 12.30 Coach Trip (R,T) 88887 1.00 House Auction (T) 59968 1.30 FILM: Bhowani Junction

1956 (PG) Romantic drama, starring Ava Gardner. (T) 75622 Ava Garoner (1) 75622
3.30 Countdown (T) 2054603
4.15 Deal Or No Deal (T) 3743719
5.00 Richard & Judy Actor Julian
Fellowes talks to the duo about
his directorial debut (T) 7603
6.00 The Simpsons Lisa and Bart
take up ica plocker (B, T) 581

take up ice hockey. (R,T) 581 6.30 Hollyoaks Justin takes the stand to give his version of the events that led to Ali's death. (T) 531 Five

6.00 Milkshakel Titch (R)
53093968 6.10 Old Bear Stories (R)
53180448 6.20 Rolle Polie Olie (R)
7439622 6.45 Hi-5 (R,T) 3436546
7.25 The Adventures Of Bottle Top
Bill And His Best Friend Corky (R)
1826072 7.45 Make Way For Noddy
(R) 1016177 8.00 Filf And The
Flowerfots (R) 9315784 8.15 Peppa
Pig (R) 3246177 8.25 Roobarb And
Custard Too (R,T) 9407719 8.40 Miss
Spider's Sunny Patch Friends (R)
8563061 8.50 Bird Bath (R) 8569245
9.00 Funky Valley (R) 2648239 9.05
Franny's Feet (R) 6801332 9.15
MechaNick (R) 6807516
9.25 The Wright Stuff Topical
discussion. (T) 93866697
11.30 Five News (T) 6243871
12.00 Home And Away Josie
reveals her plan. (R,T) 6959210
12.30 Brain Teaser 3942213
130 FILM: Facing The Enemy
2001 (PG) Drama, starring Maxwell 6.00 Milkshake! Titch (R)

2001 (PG) Drama, starring Maxwell Caulfield (T) Followed by Five News

Caumed (1) Followed by Five News Update. (1) 7702852 30 FILM: Mary Higgins Clark: Pretend You Don't See Her 2002 (PG) Premiers. Thriller, starring Emma Samms. (1) 3158784

30 Five News (T) 8485806 00 Home And Away (T) 8482719 30 Family Affairs Doug finds out he is a grandfather. (T) 8393871



WATCHDOG: Nicky Campbell and the team fight for consumers' rights, 7.30pm

7.00 The Great Big Bid Items under the hammer include an exclusive garden tour in the company of Diarmuid Gavin and a day with Girls Aloud. (T) 5622

7.30 Watchdog Consumer investigation show, with Nicky Campbell. (T) 535

The experts wade through family feuds and unsightly wardrobes as women nominate their dowdy

siblings. The pair suggest alternative attire to transform these apparently ugly sisters into stunning Cinderellas. (T) 7177

Bombs Came An account of the London bombings through

interviews with paramedics.

10.00 BBC News (T) 67852 10.30 Local News, (T) Weather 188158

10.35 The National Lottery: Midweek Draws (T) 187429

10.40 The Richard Dimbleby

Lecture By the Metropolitan Police Commissioner, (T)

Followed by National Lottery Update 612535

11.25 FILM: Regeneration

1997 (15) Jonathan Pryce stars as a World War One psychiatrist in charge of healing soldiers and returning them to the front. (T) Followed by Weatherview 725719

firefighters and police officers. From control room to bomb

scene, they relive the confusion and terror of the day. (T) 4413

8.00 What Not To Wear

9.00 7/7 - The Day The

triumphant return to the city,

ROME: Atia

celebrates Caesar's

7.00 Mechannihals Two families design and build hedge-trimming machines. (T) 3264

7.30 Rough Science The team are challenged to weigh the mountain that towers over their base. (T) 177

8.00 Natural World Raptor expert Roy Dennis investigates the remarkable comeback of the eagle owl. (T) 874351

8.50 New Forest Adders Insight into the life of the infamous reptile. (T) 467448

9.00 Rome Tensions run high as Pompey manoeuvres his soldiers outside the city. Atia throws a party to welcome Caesar home. T) 829351

9.50 Scandal Headline-hitting events, including the De Lorean affair. (T) 613326

10.20 What The Romans Did For Us Adam Hart-Davis reveals how the Romans superior weaponry enabled them to invade and occupy Britain.

(R,T) 748351 10.30 Newsnight A round-up of the day's events. (T) 630806

11.20 BBC Four On BBC Two: Family Ties A man discovers his father's affairs. (T) 190413
11.50 BBC Four On BBC Two:

Family Ties An adopted woman traces her birth mother. (T) 794413

12.20 BBC News 24 132494 2.00 BBC Learning Zone: Schools: Key Stage Three Bitesize Revision: science 3 (T) *97494* **4.00-6.00** Race: Changing Attitudes (T) *25630*



TAKE THAT – FOR THE RECORD: Mark Owen and the other band membe look back at the group's success.

7.00 Emmerdale Alan is so incensed when Adam asks him to forgive Steph that he suffers a

heart attack. (T) 6090 7.30 Coronation Street Distraught at Dev's secrets, Sunita threatens to abort the twins. (T) 603

8.00 The Bill Zain Nadir is reluctant to work with returnee Mickey Webb, but soon learns to appreciate his off-the-record skills. June and Gina put Amber and Honey under the microscope in preparation for appraisals. (T) 2245

9.00 Take That - For The Record Robbie Williams, Gary Barlow, Jason Orange, Howard Donald and Mark Owen recall the band's career, and reveal how their lives have changed since they went their sep ways a decade ago. (T) 4784

10.30 ITV News, (T) Weather 78968

11.00 Tarrant On TV Anti-smoking adverts. (R,T) 8500

11.30 Orange Playlist Tommy Lee talks to Jayne Middlemiss. (T) *18177*

12.00 Cd:uk Hotshots (T) 9144388 12.25 Kaiser Chiefs: In Profile (T) Followed by ITV News 9147475 12.55 FILM: Shadow Of A Doubt 12.55 FILM: Shadow Of A Doubt 1943 (PG) Hitchcock thriller, starring Joseph Cotten. (T) 737123 2.40 World Rally Championship (R,T) 3476562 3.30 World Sport (R,T) Followed by ITV News 42307 4.00-5.30 ITV Nightscreen 21611

GREAT ESCAPE: The chef has to feed 35 fussy Italians, 8.30pm

7.00 Channel 4 News Including sport and weather. (T) 738239

7.55 Pure Passion: I Love What I Do The story of Romy Wyser, whose passion for pretty underwear prompted her to star an online boutique. (T) 149245

8.00 The View From River Cottage Hugh Fearnley-Whittingstall reviews his experience of bagging 'one for the pot'. (T) 1852 8.30 Jamie's Great Escape

Jamie Oliver moves in with a baker and his family. (T) 3887

9.00 Grand Designs Andrew and Lowri Davies embark on a project to build an eco-friendly farmhouse in Wales. They opt for state-of-the-art materials, but their budget quickly spirals out of control. (T) 3351

10.00 Lost Secrets are divulged as Kate joins Sawyer in the hunt for a boar he insists is stalking him. Hurley and Sayid worry about Charlie's mental health after his confrontation with Ethan. (T) 9066332

11.05 Vertigo 2005: U2 Live From Chicago The band are captured in concert during their Vertigo tour. (T) 696852

12.10 Kanye West: Live At Abbey Road (T) 1959036 1.15 Comedy Lab (R,T) 70524 1.45 Reasons To Be Cheerful (R,T) 9996369 1.55 Freesports 4460494 2.25 Freesports On 4 1523949 2.50 British Supermoto 7618814 3.20 Transworld Sport (R,T) 2739494 4.15 Zero To Hero (R) 301340 5.15-6.00 Countdown (R,T) 7612543



COMMANDO VIP: Nigel Benn and his squad carry out a room-to-room search, 8pm

7.00 Five News, (T) Weather 7.15 Hunt For Africa's Killer

Croc Documentary following Dr Brady Barr's quest to capture a Nile crocodile which is stalking the villagers. (R,T) Followed by Five News Update. (T) 3091887

8.00 Commando VIP The team are taught how to lay siege to a building. (T) *2665413* **8.30 Dumber And Dumberest**

A BMX biker plays a dangerous game with fire. (T) Followed by Five News At 9. (T) 2757448

9.00 FILM: Erin Brockovich 2000 (15) Acclaimed fact-based drama. Oscar-winner Julia Roberts stars as a put-upon single mother desperate to find work, who pleads her way into a routine administrative job at a law firm. It's not long before she stumbles across a case brought against a powerful company suspected of poisoning the residents of a small town.

(T) 34389061

11.35 MacIntyre's Toughest Towns Donal MacIntyre explores Belfast, notorious for 30 years of violence between Catholic and Protestant paramilitaries, (R.T) 1382806

12.05 The Gadget Show (R,T) 6079098 **12.50** NASCAR 2294253 **1.40** ITU Triathlon World Cup 2516123 **2.30** European Golf 9929562 **3.20** NASCAR 1536456 **4.10** Race And Rally UK *60300746* **4.35** Argentine Football *78169123*

1.20 Sign Zone: One Life (R,T) 9821562 2.20 Sign Zone: Garden School (R,T) 9910678 2.50 Sign Zone: Coast (R,T) 7576524 3.50 Sign Zone: Spending Other People's Money (R,T) 43198388 4.20-6.00 BBC News 24 565036

- TOTAL STREET

(T) TELETEXT SUBTITLES (R) REPEAT



Sky One

JUNEAU PORTS SEA

5.10 Pokemon (R) 2939177
5.35 Stargate: Infinity Harrison helps a young allen. (R, 1) 9641993
6.00 Pokemon (R) 47784
6.30 Stargate: Infinity (R, T) 56351
7.00 Yu-Gi-Ohi (R) 83993
7.30 Zoids (R) 99500
8.00 The Dog Whisperer A rescue dog and a fearful pit bull. (R) 28992
8.30 Entertainment Tonight US Entertainment news. (R) 29121
9.00 Taste See 1.00pm. (R) 29332
10.00 Buffy The Vampire Slayer Willow conducts an online romance with a demon. (R, T) 95784
11.00 Relic Hunter (R, T) 88448
12.00 The Dog Whisperer A dog that scares off visitors. 19239
12.30 Crulse With Stellos Life aboard easyCrulseOne. (R) 31993

12.30 Cruise With Stellos Life aboard easyCruiseOne. (R) 31993 1.00 Taste Food programme, hosted by Beverly Turner. 36448 2.00 Law & Order A psychologist is stabbed to death. (R) 48332 3.00 Buffy The Vampire Stayer A ventriloquist's dummy hides a sinister secret. (R, T) 45622 4.00 Relic Hunter (R, T) 31429 5.00 Star Trek: Voyager Chakotay believes he is a legendary 24th-century boxer. (R, T) 4581 6.00 Futurama (R, T) 6055 6.30 Malcolm In The Middle

Malcolm In The Middle Malcolm puts on an act to attract a non-intellectual girl. (R,T) 3535



THRESHOLD New sci-fi drama starring Carla Gugino as Dr Molly Caffrey,

7.00 The Simpsons The family persuade Krusty to run for Congress. (R,T) 5210

7.30 The Simpsons Lisa resolves to pursue a career in astronomy. With the voice of Eric Idle. (R,T) *9719*

8.00 Stargate Atlantis

The team stumble upon a planet whose inhabitants have a far superior technological know-how, and remain virtually untouched by the Wraith. 73993

9.00 Threshold New drama series following a team of specialists called upon to investigate a spate of mysterious and alarming circumstances that are all linked to modern technology. Dr Molly Caffrey heads the inquiry into a ship whose crew suffered a gruesome death after seeing a strange light in the sky. 76387697

10.50 Conspiracies Danny Wallace explores claims that the Nazis' reported landing in East Anglia during World War Two was in fact a pack of lies told for propaganda purposes. (R) 811239

11.50 Star Trek: Voyager

While working out on the holodeck, Chakotay is contacted by a telepathic species and becomes convinced he is a legendary 24th-century boxer (R,T) 273069

12.50 Fear Factor (R,T) 1329098 1.50 Law & Order (R) 8442727 2.40 Alias (R,T) 9891949 3.30 Entertainment Tonight US 42815369 3.55 Gamezville (R) 6621982 4.45-5.10 Zoids (R) 76445456



TAKE THAT - FOR THE RECORD, ITV1, 9pm

WOULD you believe it's nearly 10 years since Take That split up? Quite a scary thought, although not nearly as scary, some might argue, as the thought that they might one day get back together again. For the time being, the closest we're going to get to that is tonight's ITV1 documentary TAKE THAT-FOR THE RECORD (9pm), which finds all five band members – Gary, Mark, Jason, Howard and some other obscure geezer whose name currently escapes me – chatting about their time at the top. The 90-minute documentary, which by spooky coincidence just happens to

coincide with the release this week of their album Never Forget: The Ultimate Collection, not only recalls how the lads notched up eight number ones but looks at how they first hit the big time. It also probes some of the murky rumours about their on-the-road lifestyle and includes never-seenbefore-because-frankly-it-was-abit-cack-in-the-first-place footage, filmed backstage by the band themselves.

themselves.
ELSEWHERE tonight, Jamie
Oliver returns to his school dinners theme in JAMIE'S GREAT ITALIAN ESCAPE (Channel 4, 8.30pm). This time he wants to find out whether kids in Italy – at least at the particular school he visits – are getting served better grub than at home. In a word, yep, they are. A load better, by all accounts, not least because the people who fund these meals are prepared to fork out three times as much money as our own authorities do on

out three times as much money as our own authorities do on kids' food here in Britain.

OVER in CORONATION

STREET (ITV1, 7.30pm),
Sunita is fightling back. She tells Dirty Dev he can kiss goodbye to being a dad again, as she plans to have a termination.

At the builders' yard, Jason finds he can no longer keep his grubby paws off Sarah.

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

*Don't miss it ****Good ***Average **Time filler *Garbage!

WHAT A WHOPPER! (1961) b/w ***
BBC2 10.00-11.30am. Comedy. Writer
Adam Faith doesn't let the rejection of his book
about the Loch Ness monster get him down
but fakes pictures of the beast and heads to
Scotland to fake sightings of the creature.

BHOWANI JUNCTION (1956) *** C4
1.30-3.30pm. Drama. Anglo-Indian Ava
Gardner returns home after several years in
England where she is torn between her love for
two men and her love for her country during
the turbulent time of Partition.

the turbulent time of Partition.

FACING THE ENEMY (2001) *** Five 1.30-3.30pm. Thriller. Revenge-seeking Maxwell Caulfield blames detective Linden Ashby for the death of his son. He sets out to seduce the policeman's estranged wife Alexandra Paul – and then kill her.

MARY HIGGINS CLARK: PRETEND YOU DON'T SEE HER (TVM, 2002) *** Five 3.30-5.30pm. Thriller Emma Samms is marked for murder after she witnesses a killing. She is placed in a witness protection programme but her safety is still threatened.

ERIN BROCKOVICH (2000) *** Five 9.00-11.35pm. True-life drama. Julia Roberts won the Best Actress Oscar for her potent performance as a divorced single mother of three who goes to work for lawyer Albert Finney and exposes major commercial corruption. corruption.

REGENERATION (1997) *** BBC1 11.25 pm-1.20am. WW1 psychiatrist Jonathan Pryce faces mounting ethical problems treating shell-shocked soldiers so that they can be sent back to the fighting.

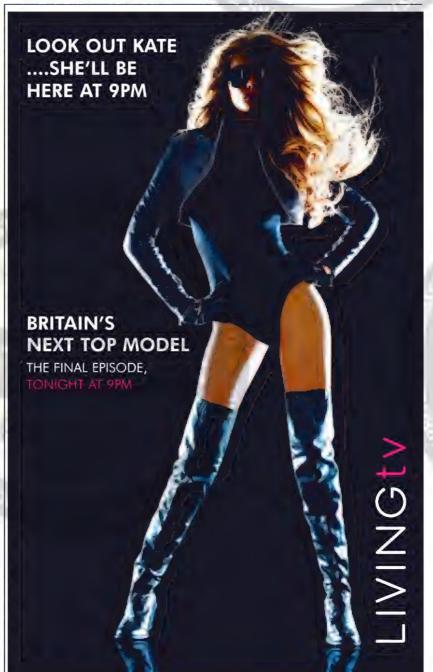
SHADOW OF A DOUBT (1943) b/w **** ITV12.55-2.40am. Classic thriller. Young Teresa Wright is delighted when her favourite uncle Joseph Cotton comes to stay with her family – until she starts to suspect that he might be a serial killer.

REGIONAL VARIATIONS

BBC1 Variations WALES: 6.30 Regional News High Hopes 403528 11.10 The Richard Dimbleby Led 11.55 Film: Regeneration 223581 1.50 Sign Zone: Cavalry 4445185

EBBC2 Variations WALES: 11.30 AMPM 50559 6.30 Dear Television 480239 6.40 Match Of The Day Wales Live 18406142 11.20 Stricky Corno Dancing – It Takes Two 190473 12.20 BBC Four On BBC Two: Family Ties 9151678 12.50 BBC News 24 2406189.

11.20 Entrolly Come Janching – It wastes two 15/94/81 22.20 EBC News 24 24/06/18: BBC Two: Family Ties 9/8/16/78 22.50 BBC News 24 24/06/18: BBC Two: Family Ties 9/8/16/78 22.50 BBC News 23 FTV1 ANGLIA: 3.29 Anglis Weather 15/95/17/ 6.00 Local News 239 FTV1 MERIDIAN: 3.29 Meridian 1952/17/ 6.00 Local News 239 FTV1 MERIDIAN: 3.29 Meridian 1952/17/ 6.00 Local News 239 FTV1 OHANNEL 1.20 Puttins Plat(toc: Including cartoon fun with Jersey Royals. 4.94/46/18/ 6.00 Local News Weather 15/98/76 6.00 Local News 249 T1.00 Hannel 1.10 Hann





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TV GUIDE.

WHY ARE there so many Irish coppers around these days?
We have Sergeant Sheelagh Murphy in The Bill, last week we saw DCI Roisin O'Connor track down a serial killer in Trial and Retribution, and last night, ballsy bobby Amy Harris made it across the Irish Sea to join the GHOST SQUAD, Channel Four's much-vaunted new police Channel Four's much-vaunted new police drama series. Nobody can explain exactly why our TV

police force is slowly turning shamrock-green. Perhaps it's just because they've got nice accents.

a long-standing tradition of Scottish cops, of course, because they sound tough and uncompromising.

Perhaps, when the Irish craze has died down, there'll be a wave of Welsh police on our screens. I can only think of one – DS Ted Roach, formerly of The Bill – who was a violent, whisky-swigging rule-breaker.

DS Roach would have run in terror from the Ghost Squad, whose members work under cover to investigate corruption among their fellow officers.

Last night's episode showed how Amy was recruited into their ranks from a seemingly average London cop-shop. After the death of a young suspect, she was fitted up by her colleagues for the

...ON LAST NIGHT'S

murder. She held the evidence in her hands to send them all down, and ruin her career in the process. It didn't take her long to decide what she should do. Before she knew it, she was signing an oath of secrecy and becoming a shost

a ghost.
It's not unlike Between The Lines, which ran on BBCI from 1992 to 1994, except there's more blood, more swearing, and a lot of that Jerky, hand-held camera stuff that makes you feel a bit sea-sick.
In short, it's meant to be a fresh take on the one-show formats, except there except.

the copshow format, except there aren't any fresh takes left now - unless you do a series about the people who make the bacon butties in the police canteen.

FILMS

SKY MOVIES 1

6.30am UK Top 10 8547055 6.50 Killer Flood (2003) (PG) Thriller, starring Joe Lando. 39969055 8.30 MXP: Most Xtreme Primate (2003) (U) Family adventure, starring Trevor Wright. 18302448 10.05 The First Of May (2000) (U) Drama, starring Julie Harris. 46274852 12.00noon Raiders Of The Lost Ark (1981) (PG) Spielberg adventure, starring Harrison Ford, 50177
2.00 Killer Flood (2003) (PG) Thriller, starring Joe Lando. 72210 4.00 MXP: Most Xtreme Primate (2003) (U) Family adventure, 86477264 5.40 Bonus: Stoned Preview of the

upcoming film. 162535 6.00 The First Of May (2000) (U) Drama, starring Julie Harris. 65974 8.00 Raiders Of The Lost Ark (1981) (PG) Sr

starring Harrison Ford. 77719
10.00 Walking Tall (2004) (12)
Action adventure. 23158
11.30 We'll Meet Again (2002) (PG) 1.10am Decadence (1993) (18)
Social satire, with Joan Collins. 323185
2.45 Stealing Harvard (2002) (12) Comedy, starring Jason Lee. 803307 4.20 Sky Movies News 30616730 4.50-6.30 Killer Flood (2003) (PG) Thriller, starring Joe Lando. 64905307

SKY MOVIES 2

6.45am Lies My Mother Told Me (2005) (12) Thriller. 58268245 8.20 A Father's Son (1999) (PG) Drama. 17197968 10.05 Kart Racer (2003) (PG) 11.45 Frozen Impact (2002) (PG) 11.45 Frozen Impact Drama. 99162790 1.25pm Lies My Mother Told Me (2005) (12) Thriller. 73079622 3.00 A Father's Son (1999) (PG) Drama, 60722429
4.40 Kart Racer (2003) (PG) Drama, starring Randy Quaid. 86110005
6.20 Frozen Impact (2002) (PG) Disaster drama. 70925413
8.00 Two Weeks Notice (2003) (12) Romaning compady. 791377 (12) Romantic comedy. 79177 10.00 Matchstick Men (2003) (12) Crime comedy, starring Nicolas

Cage. 39061
12.00midnight Highwaymen (2004) (18) Horror. 3195630 1.25 Code 11-14 (2003) (12) Thriller.

3.00 25th Hour (2002) (15) Drama. 5.20 6.55 Kart Racer (2003) [PG]

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

SKY CINEMA 1

6.00am The Last Of The Mohicans (1936) (PG) Adventure. 72641516 7.45 Born Yesterday (1950) (U) Comedy. 3941245

Comedy, 3941245 9.45 It Happened One Night (1933) (U) Comedy, 8777210 11.45 Chaplin Today: Limelight

12.20pm The Last Of The Mohicans (1936) (PG) Adventure.

2.00 Born Yesterday (1950) (U) 4.00 It Happened One Night (1933) (U) Oscar-winning comedy. 60329 5.50 The Misfits (1961) (PG) 5.50 The Mishits (1961) (PG)
Western, starring Clark Gable. 14029993
8.00 Three Colours: White (1994)
(15) Black comedy. 2603992
9.30 Nelly And Monsleur Arnaud
(1995) (PG) French drama. 1014500
11.25 Harry And Tonto (1974) (15)
Comedy, with Art Carney. 5059500 Comedy, with Art Carney, 5059500 1.25am Three Colours: White (1994) (15) Comedy, 3518475 3.10 Chaplin Today: Limelight

3.50 6.00 The Misfits (1961) (PG)

European Tour Weekly 2891245 7.00 World

Of Golf The latest news from across the globe. 7811264 8,00 Test Cricket Pakistan v England. 4711158 11.00 World Of Golf The latest news from across the globe. 5361516 12.00midnight International Football 8084524 2.15 You're On Sky Sports 18614611 3.15 Football Asia 5563982 3.45 Sky Sports Classics 28974543 4.00 World Pool Masters 6450611 5.00-6.00 Bikesport 8853253

6.00am Aerobics Oz Style 70626500 6.30 Adrenaline Hunters 10495264 7.00 Aerobics Oz Style 28830968 7.30 Adrenaline Hunters 28915603 8.00 Sports Unlimited 45773751 9.00 Adrenaline Hunters 98022780 9.30 Seamaster Sailing

11.00 Racing News 23488852 11.30 Aerobics Oz Style 23489581 12.00noon Sports Unlimited 58867581 1.00 World Pool Masters 58956429 2.00

5.00 WWE: Heat 46117974 6.00 Motor Racing 5896993 7.00 Tennis The Tennis Masters Cup Shanghai. 28916332 9.00 WWE: Late Night - Raw Wrestling action from the States. 37960516 11.00 Watersports World Aquatic activities. 28912516 12.00midnight Total Rugby 70699455 12.30 European Tour Weekly 18843307 1.00 Adrenaline Hunters 60103291 1.30 Irish Greyhound Racing 40534814

58957158 10.00 World Pool Masters 28911887

Adrenaline Hunters 46114887 2.30 Sports Adventure 63578177 3.00 Sports Unlimited 23490697 4.00 World Pool Masters 23575332 5.00 WWE: Heat 46117974 6.00 Motor

SKY SPORTS 3

TV2

Animals 9.55 Airline USA 10.25 Sally Jessy Raphael 11.10 Judge Judy 12.25pm The Jeremy Kyle Show 1.30 Airline USA 2.00 Show 1.30 Airline USA 2.00
Coronation Street 2.30 Emmerdale
3.00 Ricki Lake 3.50 Trisha 4.55
Sally Jessy Raphael 5.40 Judge
Judy 7.00 374 Rock From The Sun
7.30 Spin City 8.00 The Xtra
Factor: 24/7 9.00 My Teen's A
Nightmare – I'm Moving Out 10.00
Coronation Street 10.30 ITVS Better
Let 4.13.0 Film: Total Recall Ever Ads 11.30 Film: Total Recall (1990) (18) 1.40am Office Monkey 2.05 3rd Rock From The Sun 2.30 Spin City 2.55 Ricki Lake 3.35 Teleshopping 5.35 Nightscreen

6.00am Survival 6.55 Survival
7.55 Quincy, Medical drama
starring Jack Klugman 8.55
Chicago Hope 9.50 LA Law 10.50
The Practice 11.45 Quincy
12.45pm Chicago Hope 1.40 LA
Law 2.40 Peak Practice 3.40 Film
File 3.50 Forever Green 4.55 The
Practice 5.50 Film File 6.00 LA
Law 7.00 Jeeves And Wooster
3.00 Poincl 9.00 Numbörs 10.00
Foyle's War 12.00midnight The
Bill 1.00 Poincl 2.05 Big Game TV
3.00-6.00 Teleshopping

BBC THREE

7.00pm The 7 O'Clock News On BBC Three 7.30 Trauma 8.00 The House O'T Iny Tearaways 9.00 Film: Stigmate (1999) (18) 10.30 Citizen Journalists 11.30 The House O'T Iny Tearaways 12.00midnight Desperate Midwives 12.30 Desperate Midwives 1.00 The House O'T Tiny Tearaways 2.00 The Brothel 2.30 The Brothel 3.00 Desperate Midwives 3.30 Desperate

BBC FOUR

7.00pm Days That Shook The World 8.00 The World 8.00 Weather 8.30 Yes, Prime Minister 9.00 The Standard Of Perfection: v Cats 10.00 House Of Card 11.00 When Britain Went Banan 12.00midnight Evacuees
1.00 Days That Shook The World
2.00 When Britain Went Bananas

MORE 4

12.15pm Richard & Judy 1.15 Countdown 2.00 Hill Street Bir 3.00 ER. Medical drama 4.00 Film Sea Of Sand (1958) (U) 5.55 More4 News 6.00 Time Team 7.00 The Property Chain 8.00 More4 News. Headlines 8.30 The Daily Show With Jon Stewart 9.00 Arctic Crime And Punishment 10.00 Make Me A Million 11.05 The Last Word 11.40 The Sopranos 12.50am ER 1.50 The Property Chain 2.45 Hill Street Blues

televisionX (SKY 969)

10.00pm Freeview 10.10 Cream Pie 5 10.30 Majella Mates 3 11.00 Freeview 11.10 Pretty Pregnant P***** 11.30 Eat Me, Keep Me 4 11.50 Au Pair Teep me 4 11.50 AU Pair 12.00midnight Freeview 12.10 Deep And Dirty 12.30 Shaving Rooms 1.40 Carnal Co Ed Confessions 2 2.50 4 Finger Club 18 4.10 Puritan 33



RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00 Chris Moyles. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Colin And Edith. 4.00 Scott Mills. 7.00 Zane Lowe. 9.00 Bobby Friction And Nihal Presents. 11.00 One Music. 1.00 Trevor Nelson. 3.00 Early Breakfast With JK And Joel. Radio 2 (FM: 88-90.2 MHz) 6.00 Sarah Kennedy. 7.30 Hadio 2 (rm: 84-90.2 min; 6.00 Sarah Kennedy, 7.30 Wogan, 9.30 Ken Bruce, 12.00 Jeremy Vine, 2.00 Steve Wright, 5.05 Johnnie Walker, 7.00 Nick Barraclough, 8.00 Mike Harding, 9.00 Mark Radcliffe, 12.00 Janice Long, 3.00 Mo

nz.uu vanice Long. 3.00 Mo Dutta. Radio 5 Live (MW: 909, 693 KHz) 5.00 Morning Reports. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.55 Question Time. 12.30 News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Sport. 10.00 6-0-6. 11.00 Anita Anand. 1.00 Up All Night. Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00 Pete & Geoff. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Vic Reeves. 10.00 Kelly. 1.00 Steve Harris. 4.00 John Osborne.

SPORT

SKY SPORTS 1

6.00am You're On Sky Sports! 44177 7.00 Good Morning Sports Fans 37968 8.00 WWE: Heat 38697 9.00 Racing News 32719 9.30 Aerobics Oz Style 67993 10.00 Football Asia 3429 10.30 World Yachting 21603 11.00 Live Tennis The Ternis Masters Cup Shanghai 924837 13.00pm World Yachting 9245 3.30 Seamaster Sailling 6887 4.00 Test Cricket 45/2897 6.30 Total Rupby 9351 7.00 Live International Football England Under-19s v Switzerland Under-19s (Kick-off 7.000m). Coverage of the friendly clash at 7.00pm), C verage of the friendly clash at 99921239 9.15 Transworld Sport Action and features from around the globe. 279968 10.15 You're On Sky Sports! Grass-roots football comment. 176158 11.00 J League Weekly Football highlights from Japan. 85264

Football highlights from Japan. 85264 11.30-6.00 Live Test Cricket Australia v We Indies. The opening day of the Second Test at the Bellerive Oval in Hobart, where Shivnarine Chanderpaul's Windles side will be aware they nee to get off to a good start against the world champions. 5309974

SKY SPORTS 2

6.00am Live Test Cricket Pakistan v Engla 8821852 12.30pm International Football 3989386 2.00 Yaching 8486055 3.30 Internation Football 2669413 5.00 World Of Golf 916417 6.00 Adrenaline Hunters 2800993 6.30



Derek of the Antarctic looked around.

He gaged at the awesome pancrama of icy mountains and snow-packed valleys



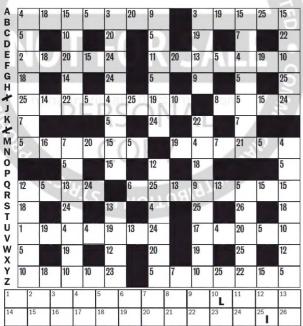




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www.expressbookshop.com @2005 Acom Editorial Alphapuzzle™ tests your logic and word wer. Each grid nu nber represents a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. Solution tomorrow.

DIFFICULTY: 6/10; TARGET: 21 minutes; CLUE: Fit out (note: smart remark).

YESTERDAY'S SOLUTION: Across: Tack,

Brighten, Drastic, Endow, Mason, Outfox, Replay, Novena, Quaint, Taste, Avail, Largest Prestige, Bloc (clue).

Down: Tidemark, Harp, Class, Plumage Stanza, Inlet, Reckon, Stalag, Greet, Outcry, Tadpole, Steal, News, Majestic.

EXTRA LETTER CLUES: 0905 072 3264

(Hear up to six extra letters, deduct two minutes for each clue letter heard)

 Alternatively, text DSALPHA to 83426 and we will text the six extra letter clues direct to your mobile. Texts cost £1 plus normal network

FULL SOLUTION: 0905 072 3265

Calls cost 75p per minute from BT landlines

For this crossword, we've filled in For this crossword, we've filled in the answers before you start. But we've also put letters in the grid where the black squares should be. You've got to black out all the unwanted letters to make a grid which matches the clues. The clues are out of order, and the finished grid will have full symmetry.

ACROSS

- Turkish commander
- Agreement
- Argument, dispute Potentially risky film
- moves Popular pet
- British political party
- Dress
- Making no sound Multiply by three Laundry fastener
- Annoy, pester
- Mimic Spoil
- Outdoor meal
- Unopened flower
- Loss of memory
- ___Tse-Tung, former leader of China
- Female sheep
- Peril

DOWN

- Shout of disapproval
- Parts of a flower Milk producer

9

3

London football team

7

3

1

9

5

2 4

6

6

- C N C 0 S E T A D O R N A В U A H R 0 Ė P S G A R W R A E M R A S 1 A G M E B L E 0 P A A A 0 R A C 0 Т T Т R E В L E R A S S E N T A R E P Ē G 0 A Ε M 0 R S Т U N T S 0 D A N G Ε R U S C W Ε В Α N M Ε T U 0 S C A P P A R E E N D R В A G A B E B 0 D A S E A T Ε L E B O E D Α R A S S E Α В L 0
- **Auction item**
- Boat's steering device Pub counter
- Afternoon sleep
- Colourful bird
- Breakfast food Move from side to side
- Even

Fill the grid so that every

column, row, and 3x3 square includes all of the

digits from one to nine.

YESTERDAY'S SOLUTION

3 5 6 9 1 8 2 4 7 8 4 7 2 5 3 9 1 6 2 1 9 6 4 7 3 8 5

2 1 9 6 4 7 3 8 5 1 7 8 4 6 2 1 5 3 9 5 3 4 8 7 9 1 6 2 6 9 2 1 3 5 4 7 8 9 6 5 3 8 1 7 2 4 7 8 1 5 2 4 6 9 3 4 2 3 7 9 6 8 5 1

Level: Diffi

Target: 35 mins

Opportunity
Deciduous tree

SUDOKU

5

9

Extra clues: 0905 072 0302 Today's solution: 0905 072 0301 from a BT lunding

8

5 1

9

2

4

3

3

5

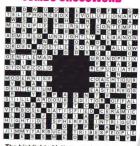
9

8

- Flightless bird Cause to fall off train
- tracks

YESTERDAY'S SOLUTIONS

- Eastern European country Podded vegetable
- Menace
- Health resort



The highlighted letters, read row by row from top to bottom, reveal William Pitt, Benjamin Disraeli, Clement Attlee and

SOLUTIONS IN TOMORROW'S

CALLY CLUES ACROSS 1 Faint light upsetting her is containing thousands (7) 5 Lord, he was a great poet! (5) 8 A training the containing the Call 0905 072 3267 for today's solution. Calls cost 75p per minute from a BT landline.

7

1

- (5)
 8 A training that is suitable
 (3)
 9 Sling coat about, wanting
- to go home (9)
 10 Singer has number first or afterwards (5)
 11 Communication becomes
- muddle with time (7)
 13A lamp will be burning (6)
 14Holiday maker with
 intent! (6)
- 17 Creature, sort men at sea will find (7) 19 One learner coming in has to have salutes (5)
 Hit back forming a tie later (9)
- 23 It'll cut a cross to rear of temple (3)

- 2 Aim in and into net, strange-20 This is vertical simple!
- ly (9)
 3 King gets on in forward progress (7)
 4 Start again with summary
 20 This is vertical simple:
 (5)
 22 Cat gets to head of mouse
 (3)

 OUICK CLUES
- (6) 5 Rhythm's required for hits
- 6 Manipulate an oilwell (3)
 7 New, we hear, and obvious kind of energy (7)
- 12 I plan pact arrangement as job candidate (9)

- - QUICK CLUES
- ACROSS

 1 A weak and tremulous light (7)
 5 English romantic poet (5)
 8 Fitting (3)
 9 Fond of past memories (9)
- 10 Male singing voice (5)
- YESTERDAY'S SOLUTION: ACROSS 1 Second sight, 7 Air, 9 Cross fire, 10 Sit in, 11 Asset, 14 Toll, 15 To do, 16 Mariner, 17 Amps, 19 Edit, 20 State, 23 Lit up, 26 Early bird, 27 The, 28 Rory Bremner. DOWN 1 Secret ballot, 2 Clot, 3 Nests, 4 Slime, 5 Goes, 6 Tattoo, 8 Rank outsider, 11 Alms, 12 Sorts, 13 Tonga, 15 Tree, 18 Potter, 21 Throb, 22 Thyme, 24 Peer, 25 Lion.

- 5 Rhythmic units in music
- 6 Fraudulently manipulate for profit (3)
- 7 Atomic (7) 12 Candidate for a job (9)
- 12 Candidate for a job (9) 13 A fan (7) 15 A runner perhaps (7) 16 Aspirations (6) 18 Hooked claw (5) 20 Very steep (5) 22 Jerry's cartoon partner (3)



The Daily Star Crossword Books Vols 2 - 12, The Puzzler Books of Crosswords Vols 1-4 and The Puzzler Books of order made payable to The Daily Star Bookshop, PO Box 200, Falmouth TR11 4WJ or telephone 0871 434 6095 wit

STARS



my girl back

I WAS gutted when my girlfriend left me. I couldn't believe that she was prepared to walk away from our long-term relationship, nice flat and good lifestyle. I was even more shocked when I discovered that she was sleeping with a graffiti artist and living in a squat. I begged her to come home, but she said that I bored her. I admit that the sexual side of things

sexual side of things had gone downhill, but I promised to make more of an effort in future.
I felt humiliated that I had lost her.

Boring

Now I hear that she Now I hear that she is dating her ex-best friend's ex-husband and that they're planning to move in together. This guy is an insurance broker with a house in exhaubit and need to the second of the se with a house in suburbia and passion for model railways – so he's even more boring than I am! Why doesn't she just come back to me and let us try again?

JANE SAYS: You need

JANE SAYS: You need to face facts and accept that your ex-partner has gone. She's no longer your responsibility. How she lives her life is no concern of yours. If she goes off with a one-legged pirate, then that's up to her. The reality is that she moved on from your tired relationship into a wacky one. In other words, she sowed her wild oats. Now she's settled back down. It's important that you

It's important that you do something similar and consign her to the



I DON'T believe that I get any support from my

partner.

We've been together for almost five years and he's just not interested in my friends, my achievements or my life in general.

I can see him mentally switch off

I can see him mentally switch off the minute I start talking about my career or my views.

I work for a large corporation and have won quite a few bonuses and awards from my bosses, but he's never once acknowledged this or said he's proud of me.

When I have a party for our friends, he eats in the kitchen first and then nips out just before they arrive. I have to make all

He's no support

sorts of pathetic excuses for him.

sorts of pathetic excuses for him, when I know for a fact that he's hiding out at his mother's house or he's down the pub.

It also crushes me that he's never once been to see one of my gigs. I sing in a band and we often perform in a local pub.

Hurt

If anything, he scoffs or makes sarcastic comments about my talents. He jokes that I sing like a donkey and make Cher look like a spring chicken. I try and rise above it and laugh along, but I can't pretend that his

along, but I can't pretend that his comments don't hurt. He's now amounced he won't be spending Christmas with me because he's going travelling. He doesn't know exactly where he's going or how long he'll be away. But he will be staying with his ex-girlfriend in Hong Kong.

Oh, and he'll need a loan of at least £5,000 for his ticket and spending money, which he'll try to pay back next year.

I feel utterly shafted. He knows that both my parents and best friend are also going away this

December, so I'll be all on my own. His only reply to this is: "You'll be able to get in a bit more overtime and win another award.

JANE SAYS: I can't help feeling

JANE SAYS: I can't help feeling that your partner is a particularly small-minded, jealous man. Even though he never actually achieves anything himself, he's not prepared to praise or support you. He envies your success. Sit him down and have "the conversation". Admit you and he are at the end of the line and you both need to move on.

eed to move on. But don't for one second give

him any money. Suggest that he takes himself off abroad and has fun. Let him stand on his own two feet for once and pay his own way

fetish

MY new man visits massage parlours.
I'm so shocked and hurt I don't know what to do.
We've been together for a few months and I like him a lot.
I don't understand why he needs to do this. Why aren't I enough for him?
I fancied him for a very long time before we got together.
He is a friend of a friend and I thought I knew everything

knew everything about him.

But he recently broke his ankle as when I asked him and when I asked in in how it happened, he told me that he did it leaving a friend's house.

Worry

But now our mutual friend has revealed that he did it while leaving his favourite massage parlour, where he's a regular

customer.
I'm 18 and am
worried about what I
should do next.

JANE SAYS: If your boyfriend's behaviour is unacceptable to you, then you have no choice but to dump him. If you're not happy with him visiting a massage parlour – and, let's face it, who would be – then you need to confront him and tell him it's over.

him it's over.

If he is being intimate with other women, then your sexual health may

well be in danger.
At your age you really
don't have to put up
with this nonsense.

There are plenty of other great guys out there who don't need to seek these kinds of thrills, so go out and

(Calls cost 60p per minute from a BT landline)

0905 062 2180 Coping With A Break-up

0905 062 2181

Finding The Perfect Partner

0905 062 2182 My Sex Life Is Boring

0905 062 2183

Boost Your Confidence

0905 062 2184

The Female Orgasm

0905 062 2185 My Partner Is Having An Affair

0905 062 2186

I'm So Lonely

0905 062 2187

Coping With Jealousy

0905 062 2188

Having Sex After A Baby

0905 062 2189 We Argue All The Time

0905 062 2190 Loving For The First Time

0905 062 2191

Fantastic Sex

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

HER SHRINE

MY girlfriend's flat is a shrine to her ex-fiancé. He died aged 23 in a car crash three days after asking her to marry him.
That was eight years ago

and I appreciate it must have been a terrible time. But I find it spooky look-ing at his face every time

ing at his face every time we eat dinner or go to bed. She has pictures of him plastered over the walls. We listen to the music he liked and even drink the wine he preferred.

I don't mind her talking chert, him. But I, worder

about him. But I wonder how much she really cares about me. We have an active sex life, but I worry

that I'm just a physical tool and that it's him she's really thinking of.

JANE SAYS: You can never

JANE SAYS: You can never expect your girlfriend to fully get over his death. But at some point she must move on. She's dating you now and has got to start respecting your feelings. Talk to her and let her know how uncomfortable you often feel.

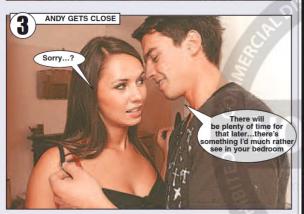
Ask her if she'll meet you halfway and just tone

Ask her if she if meet you halfway and just tone things down.
If she really has a problem with this, then maybe she is using you and she's not being honest with you.

Day three









CONTINUES TOMORROW

The Transfer who knows your future

IF TODAY IS YOUR BIRTHDAY:

It looks as though you will be widening your social circle later this year. Your plans should take off big time – and love is in the air.

(Mar 21-Apr 20) **Aries** YOU should net some real gains today – and there is no limit to what you could earn if you put yourself about a bit. But, even if a deal seems sweet, you may wish to pass. You could also make a deeply worrying discovery, which forces you to be ruthless when it comes to business. To see why you would be a penny if you play it cool, call...

To receive daily texts send DSARI to 63333

won't lose a penny if you play it cool, call ...

0905 072 0099 (01)

Taurus

(Apr 21-May 21)

TODAY'S full moon in Taurus should help you to air your grievances, and with more people are so dammed difficult to get through to, even if you are only a few feet apart. Clearly you will make a decision, and wait for the carnage to follow. To hear what a personal experience means, call...

To receive daily texts send DSTAU to 63333

0905 072 0099 (02)

Gemini

(May 22-June 22)

YOU need to work hard and keep your head down today. Even if you find that your ambitions are thwarted, there is an explanation. But someone else's dishonesty is hard to understand. Just wait till you are back to your best. Something unforeseen could happen which keeps a dream alive. To see why life is crazy, call...

To receive daily texts send DSGEM to 63333

0905 072 0099 (03) *

Cancer

(June 23-July 23)

IT'S a busy time – though not necessarily at work. Friends may distract you today. However, this shouldn't lessen your enjoyment. In fact, you don't want to be part of the crowd – you are happy to be left out. But it is emotionally that you feel trapped. If so, you may be off sooner than later. To see why the skies are clearing, call...

To receive daily texts send DSCAN to 63333

0905 072 0099 (04) *

Leo

(July 24-Aug 23)

HUMILITY is nice, and even essential. It's possible that you will get yourself into trouble unnecessarily today, You already know that certain people have no tolerance. However, what you can expect is a promise from somebody who likes braggling. Are you taking things for granted? To see why you should be in a position of importance, call...

To receive daily texts send DSLEO to 63333

0905 072 0099 (05) *

Virgo

(Aug 24-Sep 23)

MAYBE you don't know whether you're coming or going. You could end up in a different place allogether. One thing's for sure, what is being lined up is worth waiting for. Only a delay is understandable, because you suspect one person has already left town. To find out what you should be focusing on, call...

To receive daily texts send DSVIR to 63333 0905 072 0099 (06) *

(Oct 24-Nov 22)

Libra

(Sep 24-Oct 23)

EVEN though you may be backed into a corner at work, you can expect a massive favour. It gets better, because you should also receive some financial assistance today. However, a deal is not as important as what is happening emotionally. What a romantic you are. To see why you just can't lose, call...

To receive daily texts send DSLIB to 63333

0905 072 0099 (07)

Scorpio

YOU may be as tough as old boots. However, because the full moon occurs in your opposite sign of Taurus, partners or other close individuals will have you crying into their shoulders today. Not exactly. But a choice will be made – just make sure you are happy with it. To see why a personal relationship has come full circle, call...

To receive daily texts send DSSCO to 63333 0905 072 0099 (08)

Sagittarius (Nov 23-Dec 21)

FOR you, the full moon stresses work and service to others. Of course, it doesn't matter how helpful you are, you may still end up getting frustrated. However, this is also a day when a private matter is cleared up, despite the initial shock it produces. To see things in their true light and how best to deal with a tricky situation, call...

0905 072 0099 (09) *

Capricorn (Dec 22-Jan 20)

YOUR feelings may be invisible from the outside. But, having wrestled with an emotional issue, this is the day when you respond. The answer you receive should be one of tenderness. The fact that someone else has made arrangements without inviting you is inexplicable. To see why you may need some space, call...

To receive daily texts send DSCAP to 63333

0905 072 0099 (10) *

(Feb 20-Mar 20)

Aquarius

(Jan 21-Feb 19)

THERE be some domestic chores to do, which means packing everyone off to work while you sort the house out. You cannot take a break, unless you receive assurances today – particularly from those in authority, Perhaps this is your last chance to impress? To see why your transported less once still prospects look good, call.

0905 072 0099 (11)

Pisces

(50) THE accent is on travel and movement. And yet, you may be far away from what is happening — and far enough not to care. Even so, there could be a change of plan. But don't forget, that Uranus in Pisces suddenly alters direction today, and no one should doubt your capacity to take flight. To see why you cannot remain in one spot, call...

0905 072 0099 (12) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per misuale from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day, eg lext DSARI to 6333. You will be sent one new message. If the star sign's code followed by STOP, eg DSARI STOP to 63333. For help call 0871 872 0112.







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